

# GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center

Fall 2010

## Welcome to Fall

Fall is here, and with it, comes shorter days, cooler weather, and back-to-school activities. Fall is also host to a variety of important health topics, which we feature in this issue of *GET WELL & Stay Well*.

Food preparation and holiday meals will be important for many Americans over the next several months. To help keep your families' meals safe and to address the recent Salmonella outbreak in eggs, we feature two articles on safe food handling and preparation. Caregivers can also be particularly stressed during these busy months, so we have an article on caring for the caregiver. Lastly, we have an article which highlights the importance of preventing Sudden Infant Death Syndrome (SIDS) by offering important sleeping practices for your infant.

The Medical Center is proud to announce that it has been listed in 9 of 16 specialties in the 2010 "Best Hospital" rankings, prepared annually by *U.S. News & World Report*. Out of the over 4,000 hospitals nationwide reviewed, only 160 were featured. "Our continued progress is the direct result of our thousands of employees and medical staff members who focus every day on quality patient care and excellent service for our patients," says Jeffrey A. Rivest, president and CEO. For more information, log onto our website at [www.umm.edu](http://www.umm.edu).

Please look at our course schedule and read our informative articles, and learn how to better care for yourself and others. Our vision is to help people **GET WELL and Stay Well.**

Stay Healthy,  
Anne D. Williams, RN, MS  
Editor

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## Do Your Eggs Make the Grade?

*MINDY ATHAS, RD, CSO AND SHANTI LEWIS, RD, CNSD, CSP*

In the past four months, the CDC reported approximately 1,469 cases of illness attributed to *Salmonella* Enteritidis. Data from public health official investigations have found almost 30 restaurants or event clusters where more than one ill person with the Salmonella outbreak strain has eaten. After examining the data from the event clusters in different states, shell eggs appear to be the source of the infections. In half of the event clusters that were reported, Wright County Egg and Hillendale Farms in Iowa were found to be the egg suppliers. Starting in August, both farms willingly conducted a nationwide recall of shell eggs.

### How is Salmonella transmitted?

Salmonella can be passed from animal or human feces to soil, fruits, vegetables, and other surfaces. Contaminated food is the most likely source for humans to come into contact with salmonella; however, it can be spread through direct contact with animal feces or contaminated pet food.

### How is it diagnosed?

Although there are more than 2,000 types of Salmonella identified, a simple stool test can determine the presence of a Salmonella strain.

### What are the signs and symptoms?

Symptoms of Salmonella occur within 12 to 72 hours after an infection. In most cases, a Salmonella infection may cause abdominal pain, diarrhea (may be bloody), fever, nausea, and vomiting. Typically, the illness lasts about four to seven days without antibiotic therapy. If the infection spreads to the blood stream, individuals may develop heart infections that can be fatal. Possible long-term side effects may include: reactive arthritis (ReA), painful urination, chronic arthritis, or eye infections.

### Who is at risk?

Anyone can get Salmonella; however, young children, the elderly, pregnant women, and individuals with weak immune systems are most likely to get serious or fatal cases of Salmonella. The worst cases occur when the Salmonella infection spreads from the intestines to the blood.

### What is the treatment for Salmonella?

Most healthy adults should recover from a Salmonella infection by drinking lots of fluids. Severe diarrhea may lead to dehydration and may require intravenous fluids in order to rehydrate.



CONTINUED ON PAGE 3

# Caring for the Caregiver

GLENNA COLERIDGE-TAYLOR, BBA

Have you ever been caught off guard with the challenge of caring for a loved one, family, or friends in the midst of your busy life? Many of us help family members, friends, the elderly, the disabled, and the sick with their daily needs. We may not consider ourselves to be caregivers; instead, we may feel we are doing something natural or expected for our loved ones. The fact is, most of us, at some point in our lives, have been or will be caregivers. Caregivers are daughters, wives, husbands, sons, grandchildren, nieces, nephews, partners, and friends. While some people receive help from paid caregivers, most rely on unpaid assistance from families, friends, and neighbors.

Events, circumstances, and situations can occur in one's life that tend to produce stress. Caregiving, even in the best of circumstances, is stressful. We may be glad to do it, and may also feel rewarded; however, we tend to put our feelings and needs aside. If the demands are heavy, over time, it can take a toll on our financial, emotional, and physical well-being.

Caregivers may experience various emotions in response to their loved one's illness. Such emotions can be exhibited as denial, anger, social withdrawal, anxiety, depression, exhaustion, sleeplessness, irritability, lack of concentration, and acceptance. These emotions can also be part of a coping mechanism used to deal with the reality of having a loved one who is sick.

As a caregiver, it is essential to maintain one's health. Remember: in order to give your best, you have to feel your best!

## Helpful tips to help prevent caregiver burnout include:

- **Learn as much as you can** about your family member's illness and about how to be a caregiver. Knowledge is power. The more you know, the more effective you will be.
- **Know your limits.** Be realistic about how much of yourself and your time you can give. Define your priorities. Set clear limits, and communicate those limits to doctors, family members, and others involved. Ask for help from others.



- **Accept your feelings.** It is okay to feel the way you do as long as you do not compromise the well-being of the care receiver.
- **Confide in others.** Talking to a professional can be an excellent resource. Professional chaplains, social workers, and therapists can help create a safe place to examine and integrate those emotions to make them meaningful. Joining support groups can put you in touch with other caregivers. There is great strength in knowing you are not alone. Don't try to do it by yourself. Taking on all the responsibilities of caregiving without regular breaks is a recipe for burnout. Utilizing respite services from family, friends, or other health care professionals can give you a break from caregiving.
- **Maintain your health.** Your general well-being affects your outlook in life and your ability to cope. Taking care of yourself involves:
  - Eating three balanced meals daily.
  - Exercising daily.
  - Getting 7-8 hours sleep every night.
  - Allowing yourself leisure time.
  - Laughing a lot. It is the best medicine.

**For more information, go to our UMMC website for a list of local support groups at [www.umm.edu/resources/support\\_group.htm](http://www.umm.edu/resources/support_group.htm), or check the Maryland Department of Aging website at <http://www.mdoa.state.md.us/caregiver.html>.**

# Safe Holiday Food Handling

- When baking, do **not** eat raw cookie or cake batter.
  - **Safe Turkey Tips:** Contact the Butterball Turkey Hotline:
    - Call 1-800-288-8372 or <http://www.butterball.com/>
  - Serve all **HOT** food on fresh platters atop warmers or in chafing dishes.
    - Check hourly with a food thermometer for temperature-holding at 140° F or higher. If temperature drops below 140° F, food must be eaten, refrigerated, or discarded within 2 hours.
  - Serve **COLD** food on fresh platters surrounded by or within bowls of ice.
    - Check hourly with a food thermometer for temperature-holding at 40° F or lower. If temperature rises above 40° F, food must be eaten, refrigerated or discarded within 2 hours.
  - Use smaller serving platters and replace with fresh food on new platters.
  - Break down leftovers into small portions placed in shallow containers. Cover and refrigerate within 2 hours of leaving the safe temperature zone\*.
  - Bulk Storage Chart
    - Nuts (in shell): 9 to 12 months. Shelled: 1 to 3 months (frozen up to 1 year).
    - Beans (dried): up to 1 year.
    - Flour: 3 months.
    - Grains: 3 to 6 months.
- \*Safe Temperature Zone:**  
≤40° F for cold foods and ≥140° F for hot foods.

# What Parents and Caregivers Need to Know about Safe Sleep

**RENEE FOX, MD, ASSOCIATE PROFESSOR, DIVISION OF NEONATOLOGY**

**MARY McCAFFREY, MSN, RNC-OB, CNS-BC, CNS, WOMEN'S SERVICES,  
UNIVERSITY OF MARYLAND MEDICAL CENTER**

Last year, there were 128 deaths of Baltimore City children under one year of age. Of those deaths, 26 were sleep related, and likely preventable. This is a tragedy not only for the families affected, but for neighborhoods and for the city as a whole. These children could have been our future teachers, firefighters, doctors, nurses, or community leaders.

SIDS, or Sudden Infant Death Syndrome, is the sudden, unexplained death of a baby under one year of age. African American babies are two times more likely to die from SIDS, and Native American babies are 3 times more likely to die from SIDS than white babies. Most of these deaths occur between 2 to 4 months of age. SIDS has also been called “crib death” as many of the babies are found in their crib, but cribs do not cause SIDS.



## What you need to know:

All young babies are at risk for dying while they are sleeping, but there are things you can do to reduce your baby's risk. Most of these deaths are preventable.

## What you can do:

Put your baby to sleep safely EVERY TIME he or she goes to bed at night or for a nap. **There are three things to remember:**

- **Alone:** Most sleep-related deaths occur when babies sleep with an adult or another child, or in an adult bed or on a sofa. Share your room with your baby, but not your bed.
- **Back:** Babies are more likely to die of SIDS if they are placed to sleep on their stomach or side. The safest position for a baby to sleep is on his or her back. Experts know that babies are not more likely to choke while lying on their back. In fact, when a baby is on its stomach, anything spit up can block the air pipe and cause choking or breathing problems.
- **Crib:** Your baby's sleeping place should be clean and clear. No blankets, pillows, fluffy toys, or stuffed animals. Just put a tight-fitting sheet on a firm mattress. Your baby can wear a sleeper if it is cold.

**Keeping your home or center smoke-free can also reduce your baby's risk. Don't let anyone smoke around your baby. That includes you!**

You can also use a **pacifier** to calm your baby and help him or her go to sleep. Research suggests that pacifiers help reduce risk too.

**For more information go to: <http://www.healthybabiesbaltimore.com/home>.**

## Do Your Eggs Make the Grade?, continued from page 1

### How do you prevent Salmonella from occurring?

Until stricter regulation of food is done by a regulatory agency within the government, the best defense against Salmonella is safe food buying, handling, and preparation.

### What do you do if you are budget conscious?

- Prepare for sticker shock—pasteurized eggs may cost \$5 per dozen compared to \$4 for organic and \$2 for regular.
- Use pasteurized eggs only for dishes that call for raw or undercooked eggs, such as cake or cookie batter to be eaten raw, or homemade mayonnaise or Caesar dressing.
- Wash all produce, even salad items that claim to be triple-washed in bags.
- Be smart about leftovers—Don't leave food out longer than two hours, and use or freeze all leftovers within four days.
- Consider buying from a local source: either a nearby farm or local Farmers' Market. That way, you know your grower and can ask questions about farming practices.

Eggs are one of nature's most nutritious and economical foods. So, don't give them up, just learn how to safely prepare and eat them.

### Quick Safety Tips for Eating Eggs

- ✓ Do not eat recalled eggs. Consumers should either disregard the eggs or return them to the retailer for a refund.
- ✓ A list of products that are affected by the recall can be found at: <http://www.accessdata.fda.gov/scripts/shelleggsrecall/>
- ✓ If you feel that you may have become ill from eating recalled eggs, please contact your health care provider immediately.
- ✓ Keep eggs refrigerated at < 40 °F at all times.
- ✓ Throw out any dirty or cracked eggs.
- ✓ Wash hands, utensils, and food preparation areas with soap and water after any contact with raw eggs.
- ✓ Do not keep eggs at room temperature for more than two hours.
- ✓ Consider using pasteurized, in-shell eggs for recipes that require raw eggs, such as Caesar salad dressing or Hollandaise sauce.
- ✓ Avoid eating dishes that may contain raw eggs at restaurants, such as tiramisu or Caesar salad dressing.

**B'more for  
Healthy Babies.**  
*Every baby counts on you*

UPTON/DRUID HEIGHTS

# October – December 2010 Calendar

To register for classes (except for Stork's Nest, Childbirth, and Infant Care), please contact the Patient Resource Center at 410-328-WELL (9355). All sessions are free and held in the UMMC Patient Resource Center unless noted.

## Classes

### Stork's Nest – Prenatal Education

October 1, 8, 15, 22, 29

November 5, 12, 19, 26

December 3, 10, 17, 24, 31

All classes run from 10:30 – 12:30 every Friday

Please contact Stork's Nest at 410-328-6997 for information and registration.

### Childbirth Education, Infant CPR, and Infant Care

Please contact the Childbirth Education office at 410-328-2944 for class information and registration for Infant Care, Breastfeeding, and Infant CPR.

### Yoga (Prana)

Thursdays, 6:00 – 7:00 pm

Weekly—ongoing

Cost: \$10 for employees weekly or \$100 for 10 weeks. \$12 for public weekly or \$120 for 10 weeks. \$15 for walk-ins (walk-ins are welcome). \$25 Reimbursement for benefit-eligible employees.

### Reiki from the Heart is a foundation created and run by Nursing

Mondays, 10 am – 3 pm

Weekly—ongoing

20 min. sessions are offered for \$10.

Proceeds to benefit patient related programs (like the GAP Fund) and nursing education funds. This program is sponsored by the Adult and Trauma PACUs and The Healing Pathways Program. For more information please email reikifromtheheart@umm.edu.

### Smoking Cessation – American Lung Association's Freedom from Smoking®

Tuesdays, 12 noon – 1 pm

Weekly for 8 weeks

Call 410-328-9355 for registration and information. You don't have to quit the first day! Cost: Free (includes ALA educational packet).

### Spine/Orthopedics Pre-op Class

Wednesdays, 12 noon – 2 pm

UMMC Gudelsky 6 Conference Room

Call Cindy Fox or Pauline Esoga at 410-328-5360 for more information.

### Bone Marrow/Stem Cell Pre-transplant

Patient Education

1st, 3rd and 5th Wednesdays, 10 am – 11:30 am

For more information, call 410-328-1229.

### Look Good, Feel Better

2nd Monday of each month from 2 – 4 pm

A free program that teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related effects of cancer treatments.

UMMC Center for Image Renewal

Light fare provided for participants.

For reservations please call 410-328-9154.

### Food Safety...It's in Your Hands

Weekly—Mondays, 10 am

9 Gudelsky Conference Room near the BMT unit entrance.

For any Cancer Center patients, families, or caregivers.

Contact Hadas at 410-328-5462 to register.

### Massage (Seated)

Weekly—Fridays, 12 noon – 3 pm

\$18 for a 15-minute seated massage.

Call Patient Resource Center to schedule an appointment.

Gift certificates are available in the Patient Resource Center.

### Knitting Club

Inspired by Amber's Chemo Caps program of the Marlene & Stewart Cancer Center.

1st Wednesday of the month

Stoler Pavillion

Contact Trisha Kendall, RN @ 8-5420 or tkendall@umm.edu.

Walk-ins are welcome.

## Support Groups

### Transplant Support Group – Education Series

3rd Tuesday each month, 4 – 6:30 pm

UMMC Patient Resource Center

### Leukemia and Lymphoma Support Group

4th Wednesday each month, 1 – 2:30 pm

UMMC Patient Resource Center

Cost: Free to all adults/families with Leukemia, Hodgkins or non-Hodgkins Lymphoma, or Myeloma.

Call Tracy Orwig at 410-825-2500 or Beth

Wintermute at 410-328-3595 to register or for information.

### Breast Cancer Support Group

4th Thursday each month, 12 noon

UMMC Patient Resource Center

Free to all women with breast cancer.

Call Stacey Stephens at 410-328-4673

for more information.

Funded by the Cigarette Restitution Fund Program.

### Inflammatory Bowel Disease Support Group

1st Thursday each month, 6:30 – 7:30 pm

UMMC Patient Resource Center

Call Nadja Cheevers at 410-706-3398

for more information.

## Events

### Health and Nutrition Day

October 21, 10 am - 2 pm

Lexington Market

Stop by the market for free health screenings, flu shots, community resource information, and booths that focus on wellness and prevention.

### University of Maryland Women's Health

presents: "Healthy Helpings..."

An evening of lite fare and helpful healthy talk.

**Monday October 4, 2010 from 6 - 8:30 pm**

At Towson Sheraton, 903 Dulany Valley Road, Towson, MD 21204

RSVP by calling 1-800-492-5538

or logging onto umm.edu/healthytalk.

### Party in Pink

**Wednesday, October 27, 8:30 am – 4 pm**

The Center for Image Renewal will be celebrating Breast Cancer Awareness month.

Employees are encouraged to wear PINK on this date in honor of the celebration.

For more information, please call 410-328-9134.

### Great American Smokeout

**Thursday, November 18, 10 am – 3 pm**

UMMC Cafeteria Hallway

Stop by and exchange a pack of cigarettes for a healthy lunch from Subway®. Learn about smoking cessation for you or a loved one or sign up for a cessation class! For more information, please call 410-328-9355.

### Free Seasonal Flu Clinics in Baltimore:

**Wednesday, October 6, 2 – 6:30 pm**

UniversityCare at Edmondson Village, 4538 Edmondson Ave., 21229

**Friday, October 8 and November 12**

**10 am – 2 pm**

Enoch Pratt Free Library, 400 Cathedral St., 21201

**Friday, October 15 and December 3**

**10 am – 2 pm**

Waxter Senior Center, 1000 Cathedral St., 21201

**Friday, October 29, 10 am – 2 pm**

Hippodrome Theatre, 12 N. Eutaw St., 21201

**Monday, November 22, 10 am – 2 pm**

Sandtown Winchester Senior Center

1601 Baker St., 21217

For more information please call 410-396-4454.

### Free Mammograms and Pap Tests

UMMC Cancer Center

For Women over 40 years living in Baltimore City. Offered by the Baltimore City Cancer Program.

Call 410-328-HOPE (4673).

Funded by the Cigarette Restitution Fund Program.

*GET WELL & Stay Well* is produced by the UMMC Patient Resource Center.

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